

Statistics Report 01009, Cheese, cheddar

Report Date: September 14, 2015 15:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	37.10	--	0.280	32.75	39.08	5.0	36.37	37.838	2	Analytical or derived from analytical	--	08/2014
Energy	kcal	406	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Energy	kJ	1698	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Protein 1 2	g	24.04	--	0.230	21.95	25.58	6.0	23.468	24.614	2	Analytical or derived from analytical	--	08/2014
Total lipid (fat) 1	g	33.82	--	0.102	32.81	37.59	11.0	33.595	34.045	1	Analytical or derived from analytical	--	08/2014
Ash 1 2	g	3.71	--	0.049	3.41	3.98	8.0	3.594	3.823	2	Analytical or derived from analytical	--	08/2014
Carbohydrate, by difference	g	1.33	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total 1	g	0.28	--	--	0.26	0.29	--	--	--	1	Analytical or derived from analytical	--	08/2014
Sucrose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fructose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Lactose 1	g	0.18	--	--	0.18	0.18	--	--	--	1	Analytical or derived from analytical	--	08/2014
Maltose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Galactose 1	g	0.10	--	--	0.07	0.11	--	--	--	1	Analytical or derived from analytical	--	08/2014
Minerals													
Calcium, Ca 1 2	mg	675	--	5.257	608	747	7.0	662.738	687.511	2	Analytical or derived from analytical	--	08/2014
Iron, Fe 1	mg	0.16	--	0.008	0.11	0.28	7.0	0.143	0.179	1	Analytical or derived from analytical	--	08/2014
Magnesium, Mg 1 2	mg	27	--	0.323	24	30	9.0	25.899	27.374	2	Analytical or derived from analytical	--	08/2014
Phosphorus, P 1 2	mg	473	--	4.559	423	503	8.0	462.21	483.2	2	Analytical or derived from analytical	--	08/2014
Potassium, K 1	mg	76	--	4.993	58	94	3.0	59.919	91.111	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na 1	mg	644	--	11.977	587	699	3.0	608.007	680.433	1	Analytical or derived from analytical	--	08/2014
Zinc, Zn 1 2	mg	3.43	--	0.028	2.92	3.93	8.0	3.364	3.491	2	Analytical or derived from analytical	--	08/2014
Copper, Cu 1 2	mg	0.056	--	0.004	0.02	0.11	5.0	0.045	0.067	2	Analytical or derived from analytical	--	08/2014
Manganese, Mn 1 2	mg	0.033	--	0.006	0.02	0.1	5.0	0.017	0.05	2	Analytical or derived from analytical	--	08/2014
Selenium, Se 1	µg	28.3	--	0.586	22.7	33.1	4.0	26.669	29.94	1	Analytical or derived from analytical	--	08/2014
Fluoride, F 2	µg	34.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin 1	mg	0.027	--	0.003	0.02	0.03	1.0	-0.015	0.068	1	Analytical or derived from analytical	--	11/1976
Riboflavin 1	mg	0.434	--	0.022	0.33	0.55	2.0	0.303	0.565	1	Analytical or derived from analytical	--	08/2014
Niacin 1	mg	0.039	--	0.004	0.03	0.08	3.0	0.024	0.054	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.481	--	0.004	0.46	0.52	2.0	0.464	0.498	1	Analytical or derived from analytical	--	08/2014
Vitamin B-6 1 2	mg	0.049	--	0.002	0.02	0.09	2.0	0.043	0.056	2	Analytical or derived from analytical	--	08/2014
Folate, total 1 2	µg	26	--	1.136	14	30	2.0	21.292	31.067	2	Analytical or derived from analytical	--	08/2014
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	26	--	1.136	14	30	2.0	21.292	31.067	2	Analytical or derived from analytical	--	08/2014
Folate, DFE	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Choline, total 2	mg	16.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 2	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 1	µg	0.88	--	0.039	0.78	1.2	2.0	0.713	1.056	1	Analytical or derived from analytical	--	08/2014
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol 1	µg	256	--	--	249	356	--	--	--	1	Analytical or derived from analytical	--	08/2014
Carotene, beta 3	µg	85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Carotene, alpha 3	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Cryptoxanthin, beta 3	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Vitamin A, IU	IU	994	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Lycopene 3	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Lutein + zeaxanthin 3	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Vitamin E (alpha-tocopherol) 1	mg	0.78	--	0.013	0.7	0.94	4.0	0.744	0.817	1	Analytical or derived from analytical	--	08/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 1	mg	0.06	--	0.005	0	0.08	4.0	0.041	0.073	1	Analytical or derived from analytical	--	08/2014
Tocopherol, delta 1	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2009
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin D	IU	24	--	--	--	--	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin K (phylloquinone) 1 2	µg	2.9	--	0.078	2.3	3.2	1.0	1.953	3.941	2	Analytical or derived from analytical	--	08/2014
Lipids													
Fatty acids, total saturated	g	19.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
4:0 1	g	0.675	--	0.009	0.64	0.72	3.0	0.649	0.702	1	Analytical or derived from analytical	--	08/2014
6:0 1	g	0.565	--	0.013	0	0.64	6.0	0.533	0.598	1	Analytical or derived from analytical	--	08/2014
8:0 1	g	0.361	--	0.006	0.32	0.4	4.0	0.342	0.379	1	Analytical or derived from analytical	--	08/2014
10:0 1	g	0.857	--	0.015	0.76	0.97	4.0	0.814	0.899	1	Analytical or derived from analytical	--	08/2014
12:0 1	g	0.967	--	0.013	0.89	1.09	5.0	0.933	1.0	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	3.103	--	0.035	2.92	3.38	4.0	3.007	3.199	1	Analytical or derived from analytical	--	08/2014
15:0 1	g	0.322	--	0.004	0.3	0.39	4.0	0.31	0.334	1	Analytical or derived from analytical	--	08/2014
16:0 1	g	8.705	--	0.091	8.01	9.4	5.0	8.474	8.935	1	Analytical or derived from analytical	--	08/2014
17:0 1	g	0.195	--	0.004	0.18	0.23	4.0	0.184	0.207	1	Analytical or derived from analytical	--	08/2014
18:0 1	g	3.547	--	0.116	2.95	4.02	3.0	3.204	3.889	1	Analytical or derived from analytical	--	08/2014
20:0 1	g	0.049	--	0.001	0.04	0.06	4.0	0.047	0.051	1	Analytical or derived from analytical	--	08/2014
22:0 1	g	0.014	--	0.001	0.01	0.02	3.0	0.01	0.017	1	Analytical or derived from analytical	--	08/2014
24:0 1	g	0.009	--	0.000	0.01	0.01	5.0	0.008	0.009	1	Analytical or derived from analytical	--	08/2014
Fatty acids, total monounsaturated	g	8.428	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
14:1 1	g	0.305	--	0.009	0.27	0.35	4.0	0.28	0.33	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated 1	g	0.492	--	0.017	0.41	0.6	4.0	0.445	0.539	1	Analytical or derived from analytical	--	08/2014
16:1 c 1	g	0.388	--	0.015	0.32	0.49	4.0	0.346	0.431	1	Analytical or derived from analytical	--	05/2014
16:1 t 1	g	0.104	--	0.002	0.09	0.12	4.0	0.098	0.109	1	Analytical or derived from analytical	--	05/2014
17:1 1	g	0.059	--	0.003	0.05	0.08	4.0	0.051	0.067	1	Analytical or derived from analytical	--	08/2014
18:1 undifferentiated 1	g	7.509	--	0.098	6.93	8.4	3.0	7.215	7.804	1	Analytical or derived from analytical	--	08/2014
18:1 c 1	g	6.667	--	0.088	6.14	7.48	3.0	6.406	6.928	1	Analytical or derived from analytical	--	05/2014
18:1 t 1	g	0.842	--	0.013	0.73	0.92	4.0	0.806	0.878	1	Analytical or derived from analytical	--	05/2014
20:1 1	g	0.061	--	0.001	0.05	0.07	4.0	0.056	0.065	1	Analytical or derived from analytical	--	08/2014
22:1 undifferentiated 1	g	0.001	--	0.000	0	0	4.0	--	0.002	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c 1	g	0.001	--	0.000	0	0	4.0	--	0.002	1	Analytical or derived from analytical	--	05/2014
22:1 t 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
24:1 c 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	1.433	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
18:2 undifferentiated 1	g	1.179	--	0.017	1.05	1.28	4.0	1.133	1.226	1	Analytical or derived from analytical	--	08/2014
18:2 n-6 c,c 1	g	0.775	--	0.019	0.61	0.86	4.0	0.724	0.826	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs 1	g	0.174	--	0.004	0.12	0.2	4.0	0.162	0.186	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined 1	g	0.230	--	0.005	0.21	0.27	4.0	0.215	0.245	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated 1	g	0.122	--	0.011	0.09	0.18	4.0	0.09	0.154	1	Analytical or derived from analytical	--	08/2014
18:3 n-3 c,c,c (ALA) 1	g	0.117	--	0.011	0.08	0.18	4.0	0.084	0.15	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c 1	g	0.001	--	0.001	0	0	3.0	-0.001	0.003	1	Analytical or derived from analytical	--	05/2014
18:3i 1	g	0.003	--	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	05/2014
18:4 1	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c 1	g	0.007	--	0.000	0	0.01	8.0	0.007	0.007	1	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated 1	g	0.037	--	0.001	0.03	0.04	4.0	0.034	0.041	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 1	g	0.036	--	0.001	0.03	0.04	4.0	0.033	0.038	1	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated 1	g	0.050	--	0.001	0.04	0.06	4.0	0.046	0.055	1	Analytical or derived from analytical	--	08/2014
20:5 n-3 (EPA) 1	g	0.010	--	0.001	0.01	0.02	3.0	0.007	0.014	1	Analytical or derived from analytical	--	08/2014
22:4 1	g	0.008	--	0.001	0.01	0.01	4.0	0.006	0.01	1	Analytical or derived from analytical	--	05/2014
22:5 n-3 (DPA) 1	g	0.017	--	0.001	0.01	0.02	4.0	0.014	0.02	1	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) 1	g	0.000	--	0.000	0	0	3.0	-0.001	0.002	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total trans	g	1.179	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.946	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol 1 2	mg	102	--	4.172	91	119	2.0	83.888	119.41	2	Analytical or derived from analytical	--	08/2014
Amino Acids													
Tryptophan 4	g	0.558	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Threonine 4	g	1.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Isoleucine 4	g	1.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Leucine 4	g	1.980	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Lysine 4	g	1.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Methionine 4	g	0.558	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Cystine 4	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 4	g	1.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Tyrosine 4	g	1.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Valine 4	g	1.433	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Arginine 4	g	0.558	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Histidine 4	g	0.558	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Alanine 4	g	0.767	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Aspartic acid 4	g	1.770	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Glutamic acid 4	g	4.834	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Glycine 4	g	0.558	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Proline 4	g	2.549	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine 4	g	0.796	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2014
Hydroxyproline 2	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD

³National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD